

## **Messages for COVID-19 on more equal household roles and GBV**

1. Cleanliness and hygiene help prevent covid-19. To save our families, let's all clean our homes.
2. Men and women should share household work, such as cleaning, cooking and taking care of the children and elderly or sick family members, this will increase bonding among family members and reduce stress and tensions.
3. It is both parents' responsibilities to keep children safe and help them prevent covid-19 through maintaining proper hygiene practices and avoiding physical contact with others.
4. Fathers and mothers should care for their children, support their learning and activities. Spending time with your daughters and sons is investing in their future.
5. Share real information about covid-19, its symptoms and how to protect yourself with all members of your own family, it could save lives.
6. Cleanliness and hygiene are not only a woman's responsibility; we must all play our part in preventing covid-19.
7. Household chores can be divided amongst all family members, men, boys, women and girls. We all can support each other.
8. Men and women must prevent violence in the home against any family member, and never perpetuate it.
9. Sometimes home is where the harm is. If you are experiencing violence at home, it is not your fault. Don't be afraid to seek help. Contact your GBV focal point, nearby women-friendly space or your health clinic.
10. Aid is always free; no one should be asking for payment of any kind, such as money or sexual favors, in exchange for aid.